

Overeaters Anonymous  
Vancouver Island Intergroup Meeting

**MINUTES**

Saturday January 13, 2024, 12 noon PT

Zoom: 897 8985 6841; passcode: 854829

Attendance: Lorraine T (Chair), Lauren N (Treasurer), Elise (Literature Coordinator), Sarah H (Website coordinator), Kelly C (GR Parksville), Maureen D (GR Victoria Monday Night Step Study), Scott (GR Victoria Saturday morning), Kim M. (Secretary).

Absent: Loretta B (Vice-Chair), Rene W (Meeting Coordinator)

Meeting called to order at noon.

Serenity Prayer

1. Introductions Twelve Traditions read by Elise.
2. Concept Three read by Lorraine - The right of decision, based on trust, makes effective leadership possible.
3. Corrections and/or omissions to minutes of the previous meeting on November 18, 2023 :
  - Add that the Parksville Friday noon meeting began on Dec. 1, 2023

Motion to accept minutes as amended: Sarah; Lauren seconded.  
Approved.

#### 4. Agenda

- Add item to New Business about letting group members know if the meeting key holder is sick or unavailable.
- Add VIIG request from Region 1 for literature money for new Gabriola meeting to Old Business.
- Motion to accept minutes as adjusted: Lorraine; Lauren seconded.

#### 5. Treasurer's Report

##### Treasurer's Summary:

- Opening Balance: \$6574.46
- Deposits: \$463.15
- Expenses: None
- Closing Balance: \$7037.61
- Prudent Reserve: \$2,000.000
- Working Balance: **\$5037.61**

##### Literature Summary:

Cash on hand: \$323.95

Motion to accept budget reports: Maureen; Seconded by Sarah. Approved.

#### 6. Old Business:

a. Region 1 offered funding for member outreach and VIIG decided funds would be given to the new Gabriola meeting in the form of OA books. Plans are under way to get the books to that meeting.

## 7. New Business:

a. Plans are under way to organize an island-wide event likely to be held in May of this year. Lauren and Kim will be meeting to discuss sending out a save-the-date email to groups reps. Volunteers needed!

b. There was discussion about how to get information out to group members when the key holder is unable to attend to open the doors. It was suggested that if this comes up, a member of the group could let intergroup know by email. Also, groups could make sure they have a way of contacting members if something like this were to occur.

## 8. Announcements:

Region 1 is looking for sponsors to enrol in the virtual sponsor program offered by the region. More info on the program can be found at the following link: <https://www.oaregion1.org/sponsorship.html>

## 9. Committee Reports:

### a. Literature: Elise

The new pamphlets have arrived and there hasn't been time to open the boxes yet. Elise will work on pricing them and getting the information out to groups as the inquiries come in.

Elise has connected with the Gabriola contact to let them know that their literature is ready to send.

Elise reports she is well stocked with the 2<sup>nd</sup> Edition of The Twelve Steps & Twelve Traditions! Please contact

[viigliterature@gmail.com](mailto:viigliterature@gmail.com) for your next group order!!

### b. Region 1 Rep (even) Lauren

The 2024 Region 1 Assembly and Convention will be held in the Lower Mainland (Vancouver area). Date and details not confirmed at this time. There will likely be a call out to Intergroups to help support the event.

## 10. Meeting Reports:

**NOTE:** please email meeting updates to VIIG prior to the meeting to be included in the minutes.

### Virtual Meetings:

Monday 5:30 PM - OA Step and Traditions - About 4 - 5 people attending - which is great ... feels safe in the group!

Monday 7:30 PM Together We Can - 6-7 people attending.

Thursday 10:00 AM - Just For Today - 6-7 people attending.

Saturday 7:30 PM - Into the Light - About 10 people attending and some newcomers who have been coming back!

### In-Person Meetings:

#### Victoria

- Monday 7:15 Hybrid - (Step Study) Maureen reported about 9 people attending.
- Saturday 10:30 a.m. Love in Action. Scott reported about 10-12 people attending. The meeting is going well.
- Sunday 9:30 AM - There is a Solution. Maureen reported the meeting is going well with 7-8 people. Sarah reported there is strong recovery in the group.

#### Nanaimo

- Thursday 5:45 p.m. Face-to-face - Southwinds. Kim reported it is going well and there will be a return trip to visit the Gabriola meeting.

#### Parksville

- Tuesday 7:30 PM Face-to-face - Step and Traditions. Elise reported 3-4 people are attending.

- Friday noon-1 p.m. Kelly reported 1-2 people are attending.

13. 7th Tradition - please send e-transfers to VIIGTreasurer@gmail.com. Anyone wishing to send cheques please contact the Treasurer for the mailing address.

14. Serenity Prayer

Meeting Adjourned at 1p.m.

**Next Meeting March 9, 2024 Online at Noon**

Zoom I.D. 897 8985 6841 Passcode 854829

Join Zoom Meeting <https://us02web.zoom.us/j/89789856841?pwd=cGVHdkxHM0gxcFBhNjk3MTZtVEtGUT09>